



Tuna Apple Salad Sandwich

Cook time: 15 minutes

Makes: 4 Servings

Liven up your lunch-time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts.

Ingredients





- 1 apple (such as Fuji or Pink Lady Washington)
- 1 **can** 12-oz chunk light tuna (drained)
- 2 **tablespoons** low-fat plain yogurt
- 2 **tablespoons** reduced-fat mayonnaise
- 1/2 **cup** raisins (or chopped figs)
- 1/4 **cup** chopped walnuts
- 1/8 **teaspoon** ground black pepper
- 2 **tablespoons** chopped fresh parsley (optional)

Nutrition Information

Nutrients	Amount
Calories	380
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	25 mg
Sodium	550 mg
Total Carbohydrate	48 g
Dietary Fiber	7 g
Total Sugars	9 g
Added Sugars included	3 g
Protein	27 g
Vitamin D	4 mcg
Calcium	100 mg
Iron	4 mg
Potassium	608 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/2 cup
	Vegetables	1/4 cup
	Grains	2 ounces
	Protein Foods	3 ounces

1/2 teaspoon curry powder (optional)

8 leaves lettuce (Bibb, Romaine, green, or red leaf)

8 slices whole-grain bread

Directions

1. Cut apple in quarters; remove core and chop.
2. In a medium size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Notes

Serving Suggestions: Serve with an 8 oz glass of 100% orange juice.

Source: Produce for Better Health Foundation